



ST. MARY'S CITY, MD • 2026

March 26 – 29, 2026

2026 Eastern Zone Sectional Meet

St. Mary's, MD

Meet Sanction # MD 25/26-082

Time Trials Sanction # MD 25/26-083

USA Swimming, Inc., Maryland Swimming, Inc., and St. Mary's College of Maryland shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

In applying for this sanction Maryland Swimming agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming and Maryland Swimming.

Hosted by Maryland Swimming Inc.

Meet Administration	
Meet Director & Entry Coordinator	Operational Risk Coordinator
CARRON DUNKER CARRON@FOXSWIMMING.COM	TOM BARRETT
Meet Referee	Administrative Referee
TIM HUSSON TIM.HUSSON@GMAIL.COM	KELLY ROWELL
Officials Contact	LSC Officials Chair
<u>Officials Sign Up</u>	MICHAEL CLEARY MCMACSWIM@GMAIL.COM

Meet Schedule	
General Meeting	Via Zoom on Monday, March 23 rd at 7:30pm Link will be sent NLT Friday, March 20 th Please make sure there are at least one representative from your club in attendance
Facility Schedule	Wednesday, March 25 th : 6:30pm - 8:30pm Thursday, March 26 th : 1:30pm – 30 minutes after the final heat Friday, March 27 th – Sunday, March 29 th : 6:45am -30 minutes after the end of Time Trials and will reopen 30 minutes prior to the next session's warm ups until 30 minutes after the final heat
Registration Schedule	Thursday, March 26 th : 1:30pm – 8:00pm in lobby Friday, March 27 th : 7:00am – 11:00am in lobby Other Times: Contact the Meet Director
Officials Briefings	1 hour prior to session start in the official's area of the gymnasium
Timer's Briefings	45 minutes prior to session start in lobby
Meet Schedule	Thursday, March 26 th General Warm-up: 1:30pm – 30 minutes after final heat Distance Warm-up: 2:00pm Comp Pool Distance Session Start: 3:30pm Friday, March 27 th – Saturday, March 28 th Prelims Warm-up: 6:45am-8:30am Prelims Start: 8:45am Finals Warm-up: 4:30pm-5:20pm Finals Start: 5:30 pm Sunday, March 29 th Prelims Warm-up: 6:45am-8:30am Prelims Start: 8:45am Finals Warm-up: 3:30pm-4:20pm Finals Start: 4:30pm

Facility Information	
Facility Address	<p>St. Mary's College of Maryland Aquatic Center at the Michael P. O'Brien Athletics and Recreation Center 18952 East Fisher Road St. Mary's City, Maryland 20686 Directions</p>
Pool Information	<p>Indoor eight-lane 50-meter pool with non-turbulent lane lines and continuous flow through gutters.</p> <ul style="list-style-type: none"> • Competition Pool: <ul style="list-style-type: none"> ○ 8 25-yard lanes ○ Competition lanes are a minimum of 8' wide. ○ Water depth is 7'0"-7'6" • Warm-up Pools: <ul style="list-style-type: none"> ○ 25-yard lanes ○ Warm-up lanes are a minimum of 8' wide. ○ Water depth is 7'0"-7'6" -and- ○ 25-meter lanes ○ Warm-up lanes are a minimum of 6'6" wide. ○ Water depth is 7'0"-7'6" • The meet will be swum in a 25-yard course. Lane configurations for competition will be determined upon receipt of entries. Lanes will be available for continuous warm-up/down. • Daktronics timing system will be used.
Facility Information	<ul style="list-style-type: none"> • All swimmers, coaches, officials, and meet personnel on deck must have credentials to be on deck. • Swimmers may only use the visiting team locker rooms. They will be clearly marked, and no non-athletes will be allowed in these areas. • The swimmers may not prop open the door between the two locker rooms to access the varsity locker rooms. Swimmers are not to use restrooms in the hallway. • Coaches, officials, and volunteers are to use the Varsity locker rooms on the pool deck. They will be clearly marked, and no athletes will be allowed in these areas. • Spectators may use the restrooms located outside the pool area. • Spectators, volunteers, and athletes must enter the facility through either set of main doors. • Coaches and officials may enter the facility through the doors adjacent to the pool deck once they have received their credentials. • There are no folding chairs allowed in the spectator stands. • There is to be no alcohol or other prohibited substances or intoxicated behavior in the facility. Those appearing to be intoxicated or found to be in possession of prohibited substances will be removed from the facility for the remainder of the meet. • Swimmers leaving the pool area are required to wear shirts, shorts or pants, and shoes at all times. • Spectators needing accommodations should contact the Meet Director, Carron Dunker. • In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines.

	By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
Medical Assistance and Supervision	There will be lifeguards and an AED available at the meet.
Parking	<p>Parking is authorized in designated areas only. Vehicles parked in unauthorized parking spaces are subject to citation and towing. Spectators and Volunteers are asked not to park in the spaces across from the pool.</p> <p>Parking for coaches and officials will be in Lot H. Parking for buses will be in Lot T. Spectators may park in Lot T or Lot Z. On Friday, please follow facility security's parking directions.</p> <p><u>Parking Map</u></p>
Hospitality	There will be a hospitality area open to all coaches and officials located in the Hayes Team Room adjacent to the 25-meter warm-up pool.
Concessions	There will not be concessions available. There will be food trucks onsite for all sessions in Parking Lot V.
Vendor	A full-service vendor will be onsite.

Meet Fees: Teams will be billed after entries are final by Maryland Swimming	
Athlete Surcharge	\$7.50 per swimmer
Individual Event Fee	\$12.00 per event entry
Relay Event Fee	\$16.00 per relay event entry

Organization Regulations	
Rules	<ul style="list-style-type: none"> The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the Meet Referee. The Meet Committee and/or Meet Referee may find it necessary to change some meet procedures and/or timeline to provide the best possible situations and conduct of the meet for the athletes; including, but not limited to start times, breaks, distance event procedures, weather related disruptions, etc. This meet will be conducted in accordance with the current USA Swimming Rules and Regulations. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Deck access is restricted to USA Swimming athlete and coach members and officials or meet staff with approved meet credentials. No one will be allowed on deck unless they are registered with USA Swimming as an athlete, coach or official and/or those who are part of the timing, marshal and administrative staff assisting with the conduct of the meet. No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising

	<p>coach (per USA Swimming rule 202.5.3). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, they must find a willing coach at the facility to supervise them before a credential can be issued.</p> <ul style="list-style-type: none"> • All athletes must complete and hand in the USA Swimming required waiver to receive their deck credentials. • USA Swimming / MDSI Safety Guidelines and warm-up procedures will be in effect for the entire meet. • All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of the participation in the conduct of this competition. • Please note that the timing equipment uses a strobe as part of the starting equipment. Therefore, flash photography is PROHIBITED at the start of all the races. • Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks or in changing areas, rest rooms or locker rooms. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Videotaping or picture taking on deck, by any meet volunteer or official, shall not be permitted. Volunteers wishing to video or photograph their swimmer shall do so from the spectator area if available. Any person(s) violating this rule will be subject to discipline by the Meet Director or Referee up to and including removal from the venue for the remainder of the meet. EXCEPTION: The meet director and Meet Referee may designate and pre-authorize meet photographers. • All participants agree to be filmed and photographed by any official photographer(s), under the conditions authorized by USA Swimming and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in USA Swimming competitions to promote such competitions • Deck changes are prohibited. Swimmers participating in deck changing will be in violation of the USA Swimming Code of Conduct/Sportsmanship Policy and could be subject to removal from further competition in the meet. • Tech Suits are banned for all 12 & Under swimmers (USA Swimming Rule 102.8.1.F). • This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6 with the exception of 207.11.6B, please follow the stated scratch deadlines. DFS are allowed in prelims. • Failure to comply with any rules and/or the request of a Safety Marshall shall be considered a Code of Conduct Violation.
Safety	<ul style="list-style-type: none"> • The Maryland Swimming, Inc. safety program is in effect for this meet. • All USA Swimming athletes must be under the supervision of a USA Swimming member coach. Arrangements for coach supervision must be made in advance of the meet. • No running or horseplay will be tolerated. • Upon approval of the facility, swimmers are allowed to use only personal kickboards, pull buoys, and snorkels in non-competition warm-up areas. • Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day.

	<p>The athlete may return to competition on a subsequent day, but only with the release authorization signed by a licensed healthcare provider.</p>
Racing Starts	<ul style="list-style-type: none"> Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing both a forward racing start, and a backstroke start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Health Guidelines	<ul style="list-style-type: none"> All meets in the Maryland Swimming LSC are guided by the Maryland Department of Health and Mental Hygiene. This not only applies to Viral Gastroenteritis but other infectious diseases as well. The Meet Referee has the authority to inform and protect coaches, spectators, volunteers, and swimmers from a potential outbreak of illness. At the discretion of the Meet Referee, anyone who exhibits symptoms of illness may be asked to withdraw from the competition for a 24-hour period. Swimmers must be cleared, by the Meet Referee, prior to returning to competition.
Swimmers with Serious Medical Conditions	<ul style="list-style-type: none"> The swimmer's coach is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. If the swimmer has a history of needing assistance exiting the pool at the completion of the race a coach must be in place to provide that assistance. This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.
Deck Access	<ul style="list-style-type: none"> Please use designated pool entry areas. The rear pool deck entrance will only be accessible with a meet credential. Otherwise, please use front entrance. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Coaches must request a deck pass through OME. Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to show a current USA Swimming registration card at the registration table to receive their deck pass. Replacements for lost credentials will cost \$10.00. No swimmer will be issued a credential without a coach member present. If the home club coach is not planning to attend the event, swimmer must be assigned a supervising coach (per USA Swimming rule 202.3.2). Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued. Teams will be allocated deck passes for coaches using the following formula based on the number of athletes entered into individual events: <ul style="list-style-type: none"> 1-8 swimmers in individual events or 1 relay only team: 2 deck pass 9-14 swimmers in individual events: 3 deck passes 15-25 swimmers in individual events: 5 deck passes 26 or more swimmers in individual events: 6 deck passes Unattached swimmers entered without a team: 1 deck pass. Unattached swimmers with a team will be counted in the numbers for the team Additional deck passes can be purchased at the Meet Registration Desk for \$35.

	<ul style="list-style-type: none"> Deck passes will only be issued to individuals registered with USA Swimming. All coaches must be prepared to use USA Swimming's Deck Pass or show a registration card at the registration table to receive their deck pass.
Officials	<ul style="list-style-type: none"> Certified officials wishing to be considered for an assigned position or national evaluation should submit an application by March 8, 2026. Officials wishing to work the meet may submit an application by Sunday, March 15, 2026. A request will be submitted for this meet to be approved as a National Certification Qualifying Meet for all positions under the National Officials Certification Program. Any official interested in being evaluated should submit the Application to Officiate noting the request for evaluation. Details of the certification program can be found on the USA Swimming Website. <u>Sign-up link</u>
Volunteers	<ul style="list-style-type: none"> It may be necessary to solicit timers from the spectators attending the meet. All visiting teams should be prepared to provide meet timers. The meet director reserves the right to assign teams with lane assignments for timer coverage depending on entries. All athletes entered in distance events (1000-yard and 1650-yard Freestyle) need to supply their own timers and counters. All time trial athletes need to supply their own timers. Anyone wishing to time may do so. If you volunteer, the host will refund the cost of a daily admission charge per session, not to exceed amount of the general admission all session pass. This offer is not valid for time trials or distance events. Documentation of volunteer hours is available for community service hours and can be provided upon request.
Spectator Admission and Heat Sheets	<ul style="list-style-type: none"> The spectator seating area will open one hour before the start of each session. Admission Charge: <ul style="list-style-type: none"> All Sessions: \$40 Thursday Timed Finals Session: \$5 Friday, Saturday or Sunday (prelim/final) Day pass: \$20 Electronic heat sheets will be available on Meet Mobile and on the <u>Maryland Swimming Website</u>.

Meet Information	
Format	<ul style="list-style-type: none"> The meet will be swum with circle-seeded preliminary heats in the morning session. If 599 or fewer swimmers who are entered in at least one individual event are participating in the meet, the A and B Finals will be open to any age, based on that day's preliminary heat results, and the C Final will be open to 18&Under athletes only. Finals will be swum D-Final, C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. <u>Thursday Distance Events (W 1000/M 1650):</u> See Timing section for additional information. <ul style="list-style-type: none"> The women's 1000-yard Freestyle will alternate with the men's 1650-yard Freestyle and will be swum fastest to slowest. The heat order and schedule will be published after the scratch deadline on Wednesday. These events are timed finals. <u>Sunday Distance Events (W 1650/M 1000):</u> See Timing section for additional information. <ul style="list-style-type: none"> The women's 1650-yard Freestyle and men's 1000-yard Freestyle are timed final events and will be swum slowest-to-fastest. Athletes will have the option of declaring a preference for early afternoon or regular seeding for these events. This preference must be indicated prior to the scratch deadline for Sunday's events. The fastest heat of swimmers in each of these events who have not indicated a preference to swim early will swim after the men's 200-yard Freestyle Relay in the evening finals. Swimmers can also ensure an early distance swim by entering with a non-conforming, qualifying time. The remaining heats will swim on Sunday afternoon, alternating men and women, such that the last heat finishes at 3:30 pm. <u>Relay Events:</u> <ul style="list-style-type: none"> Relays are timed-final events. The fastest two heats will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. Relays follow the same scratch procedures as individual events. The deadline for returning relay cards to the Admin table will be announced at the General Meeting. After cards have been submitted, names/order may be changed up to the time of the swim. Relay participants may only compete on one relay team per relay event, either the 'A' relay or 'B' relay but not both. 200-yard Medley Relay must be entered with a provable 400-yard Medley Relay times. <u>Sunday Relays (400-yard medley relay):</u> The "Sunday Relay Rule" will be in effect. <ul style="list-style-type: none"> Any relay that wishes to swim with preliminaries during the morning session may do so. ALL Sunday relays MUST indicate a preference for swimming with preliminaries or with finals, by the check-in deadline (Saturday at 6:00pm).

	<ul style="list-style-type: none"> ○ The fastest two heats of relays that do not declare a preference to swim in preliminaries will be seeded in the evening finals. All other Sunday relays will swim during the Sunday morning preliminaries. ● A/B Flight Format: Dependent on the number of entries, and at the discretion of the Meet Referee, the preliminary sessions may be conducted in an “A/B Flight” format. If adopted, details of this procedure, including the number of heats of each event to be swum in the “A Flight” session, will be announced at the general meeting
Eligibility	<ul style="list-style-type: none"> ● The Eastern Zone Speedo Short Course Championship Series Meet is open to any swimmer in Eastern Zone Region 2 who is registered with USA Swimming prior to the first day of the meet and has a qualifying time (2026 EZ SC Sectional Qualifying Times). Region 2 LSCs include AM, MA, MD, PV, and VA. ● Athletes from outside the Eastern Zone will be accepted on a first come, first served basis. This number will be limited to 100 athletes. Please contact the meet directors for more information. ● The qualifying time must have been achieved between January 1, 2025 and the meet entry deadline. ● This meet will be capped at 550 athletes. Entries will be accepted from teams until this limit is reached. Teams accepted into the meet will be allowed to enter New Qualifiers and Late Entries assuming the procedures and requirements listed for those entry types are followed.
Instructions and Guidelines for Swimmers with Disabilities	<ul style="list-style-type: none"> ● Each swimmer with a disability that achieves their Sectional Parallel Time Standard can participate in the meet. There is no limit on the number of athletes with a disability accepted that achieved the standard. Time standards will be posted on the Host website. ● Proof of time for each event entered must be e-mailed, along with a Disability Necessary Accommodation Form. Please indicate the P1-3 category that you feel your swimmer should be categorized in. ● Swimmers with disabilities may compete in Finals, earn awards and score points for their team in the same manner as the able-bodied swimmers. ● It is the responsibility of the swimmer and their coach, to inform the Meet Referee and Meet Director/ Entry Chair of any disability-related accommodations they may need in order to compete. This information must be given in advance of the meet on the entry form. ● The Meet Referee shall approve any modifications that may be required and relay the information to the starter and stroke and turn judges. These options include: <ul style="list-style-type: none"> ○ seeding the swimmer with others of the appropriate gender, ○ allowing the swimmer to compete half the distance of their age group (swim the 100-yard backstroke during the 200-yard backstroke race). ○ reassigning the lane of a deaf swimmer if a required view of the strobe light is obscured and the light cannot be repositioned. ● Visually impaired swimmers who require tappers must bring their own devices and individuals to use them. ● Should a Disability Record be set, it is the swimmer’s responsibility to complete and submit the application for an American Record. ● The final meet results will show the swimmer with a disability listed in the correct age and event, regardless of where they actually competed.

Entry Information	<ul style="list-style-type: none"> • MEET ENTRY OFFICER: Carron Dunker (443) 690-0019 • REGULAR ENTRY DEADLINE: 11:59 PM, TUESDAY, MARCH 17th. • NEW QUALIFYING SWIMS: Entry Deadline: 3:00 PM EST, Monday, March 23rd • This meet will be capped at 550 athletes. Entries will be accepted from teams until this limit is reached. Teams accepted into the meet will be allowed to enter New Qualifiers and Late Entries assuming the procedures and requirements listed for those entry types are followed. • On-Line Meet Entry (OME): <ul style="list-style-type: none"> ○ OME will open on Wednesday, February 4th at 10am EST ○ Entries prior to the regular entry deadline will be processed using the USA Swimming On-Line Meet Entry System (OME) ONLY. Email entries during the regular entry period will not be accepted. ○ Entry fees will be billed after entries are final and paid directly to Maryland Swimming. ○ Teams needing assistance with OME entries should contact the Meet Entry Officer. • Conforming and non-conforming times may be used for entry. Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order. • ENTRY LIMITS: <ul style="list-style-type: none"> ○ Individual Events: Athletes may enter all events for which they qualify, however they may only compete in seven (7) individual events for the meet, and no more than three (3) individual events per day. ○ Relay Events: Two (2) per team per event. All entries for 200-yard Medley Relays must use 400-yard Medley Relay times. • Qualification Period: January 1, 2025 through entry deadline for meet. • Coach Times (CT) are not allowed for any event. All entry times must have been achieved in a sanctioned, approved, or observed meet. • “No Time” entries for individual or relay events will not be accepted. • Entry Fees: (Payment will not be submitted through OME.) <ul style="list-style-type: none"> ○ \$16.00 for individual events ○ \$32.00 for relay events ○ \$7.50 per swimmer surcharge. • NEW QUALIFYING SWIMS: Entry Deadline: 3:00 PM EST, Monday, March 23rd <ul style="list-style-type: none"> ○ New qualifiers from meets occurring between March 17, 2026 and March 22, 2026 will be submitted in a separate meet set-up file, not through OME. This set-up file will be available on the Eastern Zone Meet page NLT Thursday, March 19, 2026. ○ New Qualifier entries must be submitted to the Meet Entry Officer by deadline stated above or will be considered late entries and charged accordingly. ○ These entries may not be used to improve the seed time of an earlier entry. • LATE ENTRIES: Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements: <ul style="list-style-type: none"> ○ Entries must be emailed to the Meet Entry officer and received no later than 12 noon (EST) Tuesday, March 24, 2026. ○ The team or athlete must pay a one-time processing fee of \$150 and entry fees of \$32 per individual event. ○ Late entries may not be used to improve the seed time of an earlier entry.
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	<ul style="list-style-type: none"> • Payment by check for any New Qualifier or Late entries must be received at or before the first session in which the team has swimmers entered. If payment is not received by this time, the entries in question will be scratched from the meet. • Payment for entries must be made by check or credit card. Once entries are finalized an invoice showing the total amount due will be sent to the club. <ul style="list-style-type: none"> ○ Checks should be made payable to Maryland Swimming and mailed to Maryland Swimming 9603 Deereco Road # 4623 Timonium, MD 21094 ○ Payment by credit card can be submitted through the invoice received. • The total fees for all entries, including any late entry fees, must be paid prior to the first session of the meet (Thursday, March 26, 2026.) Failure to pay entry fees by this deadline could result in teams being barred from the meet. • Payment for events entered at the meet must be made to Administrative Referee at the time of the request in cash. • Questions? Contact: Carron Dunker, carron@foxswimming.com, (443) 690-0019
Entry Limitations	<ul style="list-style-type: none"> • A swimmer may enter any number of individual events in which the qualifying time standard has been met. • Maximum per day: three (3) individual events, including time trials. • Maximum for the meet: seven (7) individual events (does not include time trials). • Each team may enter up to 2 relays in each event.
Bonus Events	<ul style="list-style-type: none"> • Swimmers entering with 1 qualifying time will be permitted to enter 6 bonus events. • Swimmers entering with 2 qualifying times will be permitted to enter 5 bonus events. • Swimmers entering with 3 qualifying times will be permitted to enter 4 bonus events. • Swimmers entering with 4 qualifying times will be permitted to enter 3 bonus events. • Swimmers entering with 5 qualifying times will be permitted to enter 2 bonus events. • Swimmers entering with 6 qualifying times will be permitted to enter 1 bonus event. • Swimmers entering with 7 qualifying times will not be allowed to enter any bonus events. o Bonus entries are seeded last. • There shall be no bonus swims for the 1000 freestyle or 1650 freestyle except for the following condition: any swimmer achieving a qualifying time in the 1000 freestyle or 1650 freestyle may select the other distance event as one of his/her allowable bonus events. • See Entry Information for seeding order. • All relay-only swimmers must be included in the meet entry file.
Proof of Times	<ul style="list-style-type: none"> • Proof of times for all events (including relays) is required. • Qualification for the 50-yard Backstroke, 50-yard Breaststroke, and 50-yard Butterfly will be the corresponding 100-yard times for each stroke. The stroke 50's are also eligible for bonus events, not to exceed three events per day. • Proof of times including the date and name of the meet where the time was achieved must be included with the entry file. • Any additional requested proof of times must be submitted to the Administrative Referee prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.

	<ul style="list-style-type: none"> High School, College, YMCA and similar non-USAS swims must be achieved in a meet officially authorized by USA Swimming. After the meet, the meet host will conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide proof of time for selected swims, if not already proven. Proof of time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet). Failure to prove a time will result in a fine of one hundred dollars (\$100) per swim and the club will be responsible for paying the fine. The fine must be submitted to Maryland Swimming. Failure to pay the fine will result in exclusion from future EZ Meets. Warning: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2026.
Time Trials	<ul style="list-style-type: none"> Time trials will be offered each day, time permitting. • Time trial fees (cash only): <ul style="list-style-type: none"> \$20.00 for individual events \$35.00 for relays Information about the distance Freestyle time trials on Thursday will be provided at the General Meeting. All time trials will be randomly seeded and will start no earlier than 15 minutes after the conclusion of the preliminary sessions on Friday, Saturday and Sunday (time permitting). Time trials may be seeded with mixed events and genders in heats with no open lanes between them. Events longer than 200-yards may be similarly combined regardless of distance. Time trials are open to all swimmers entered into the meet, including relay-only swimmers. Each swimmer is limited to a maximum of three time trials during the meet. Athletes need to provide their own timers for time trials. Be aware that time trials count towards the daily maximum of three events but not to the total number of events for the meet. Registration for time trials will close at 3:00 pm on Thursday and at 10 am on Friday, Saturday, and Sunday, unless otherwise announced at the General Meeting. Time trials will be conducted as long as there is time available. Time trials on Thursday, Friday, Saturday, and Sunday will be limited to an hour each day. Time trials on Sunday will end no later than 30 minutes prior to the start of the heats of the Women's 1000 free/Men's 1650 Free. The order of events for time trials is listed below. Note that the 1000 Freestyle and 1650 Freestyle are only offered on Thursday. <ul style="list-style-type: none"> Thursday time trials: 1000 Free, 1650 Free events only. Friday time trials: Friday/Saturday/Sunday events, in that order. Saturday time trials: Saturday/Sunday/Friday events, in that order. Sunday time trials: Sunday/Friday/Saturday events, in that order.

Meet Procedures	
Scratch Procedures	<ul style="list-style-type: none"> Information about submitting scratches from prelims and finals will be provided at the General Meeting. Scratch deadlines: <ul style="list-style-type: none"> Thursday, 2:00pm: All Thursday events (W 1650/M 1000). Thursday, 4:00pm: All Friday events (including 800 Free Relay). Friday, 6:00pm: All Saturday events (including 200-yard Medley and 400-yard Free Relay). Saturday, 6:00pm: All Sunday events (including W 1000/M 1650, 200-yard Free Relay and 400-yard Medley Relay). This meet will follow the National Championship Scratch Rules as specified in rule 207.11.6 with exception of 207.11.6B and E.4. Specific procedures will be explained at the General Meeting. The Eastern Zone Policy for No Shows in Sunday's finals will be observed. Any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine. Swimmers who advance to the final's session in each prelim/finals event. Any swimmer initially qualifying prior to scratches, for a final's session race in an individual event who fails to compete in that race will either be: <ul style="list-style-type: none"> o Barred from further competition in the meet, o Assessed a \$50 fine, payable to the host. o If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined \$50 by Eastern Zone if failure to show. In all timed final events (all relays, 1000 Free and 1650 Free) and all prelim events, after the events have been either positively checked in or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be barred from all further individual and relay events of that day. Note: It is not possible to DFS in a positive check-in event. In order to swim any events on the remaining days, the coach and/or swimmer must positively check-in with the Administrative Referee prior to the scratch deadline of that day's events. Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.
Scoring	<ul style="list-style-type: none"> Team Scoring is as follows: <ul style="list-style-type: none"> Individual Events: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1 and Relay Events: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
Awards	<ul style="list-style-type: none"> Relay events: Top 3 finishers Individual events: Top 8 finishers Team awards (female, male, and combined scores): Top 3 teams Individual high point: Top 3 Female and Top 3 Male If only three (3) heats are swum in finals, awards will be presented during the evening Finals when there is no D Final.

	<ul style="list-style-type: none"> ○ A full sequencing of events and awards will be published with the heat sheet for each finals session. ○ Awards for the Thursday distance events will be presented during the Friday evening finals. ● If more than three (3) heats are swum in finals, awards will be distributed at a later time. ● The coach of each event's winning competitor should report to the awards area prior to awards presentations.
Warm-Ups	<ul style="list-style-type: none"> ● A complete schedule of warm-up procedures to include lane assignments and times, which must be adhered to by all participants. This information will be distributed in advance of the meet and posted throughout the venue. ● Warm-up procedures may be modified based on the number of swimmers in the meet and other safety and logistical concerns. ● All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way starts. ● Swimmers must be under supervision of a USA Swimming credentialed coach during warmups. All warm-up periods shall be supervised by the appointed marshals. ● Use of training equipment, which may include but is not limited to kick boards, pull buoys, paddles, bungee cords, and snorkels, is prohibited during warm-ups. ● During preliminary warm-ups, all but the final 30 minutes will be dedicated to general warm-up. Specific warm-ups will be conducted during the last 30 minutes. ● During Finals warm-ups, periods are divided equally between general and specific programs. The first half of the warm-up will be dedicated to general warm-up and the last half will be dedicated to specific warm-up. ● During the general warm-up, no pace work or sprinting will be permitted
Results	<ul style="list-style-type: none"> ● Results will be posted on the Maryland Swimming, Inc. website within 24 hours of the conclusion of the meet. ● Results will be posted on Meet Mobile throughout the meet.

2026 Eastern Zone Speedo Sectional
Qualifying Times

Women			Events	Men		
LCM	SCM	SCY		SCY	SCM	LCM
28.29	27.09	24.79	50 Freestyle	22.39	24.69	25.49
1:00.69	58.89	53.09	100 Freestyle	48.49	53.89	55.49
2:10.89	2:07.69	1:54.99	200 Freestyle	1:46.29	1:57.99	2:01.29
4:37.69	4:29.29	5:08.79	400/500 Freestyle	4:47.39	4:09.89	4:17.59
9:29.99	9:19.99	10:38.99	800/1000 Freestyle	9:59.49	8:43.49	8:58.39
18:16.79	17:43.29	17:49.39	1500/1650 Freestyle	16:43.99	16:35.19	17:18.99
1:07.89	1:06.79	59.29	50 Backstroke	54.49	59.99	1:01.99
1:07.89	1:06.79	59.29	100 Backstroke	54.49	59.99	1:01.99
2:26.19	2:23.29	2:08.89	200 Backstroke	1:58.59	2:11.79	2:14.79
1:17.89	1:15.49	1:08.19	50 Breaststroke	1:01.49	1:08.99	1:09.69
1:17.89	1:15.49	1:08.19	100 Breaststroke	1:01.49	1:08.99	1:09.69
2:49.39	2:44.79	2:29.39	200 Breaststroke	2:14.99	2:29.89	2:32.59
1:06.29	1:04.99	58.49	50 Butterfly	53.19	58.99	1:00.19
1:06.29	1:04.99	58.49	100 Butterfly	53.19	58.99	1:00.19
2:29.09	2:25.59	2:12.09	200 Butterfly	2:01.19	2:14.19	2:16.29
2:28.39	2:24.49	2:10.69	200 Individual Medley	1:59.39	2:12.59	2:16.19
5:20.49	5:07.29	4:38.39	400 Individual Medley	4:15.09	4:43.19	4:49.89
1:57.59	1:56.19	1:44.59	4 X 50 Freestyle Relay	1:32.69	1:42.19	1:45.49
4:14.99	4:10.89	3:45.79	4 X 100 Freestyle Relay	3:21.89	3:44.09	3:48.69
9:06.29	8:58.89	8:05.39	4 X 200 Freestyle Relay	7:22.39	8:06.69	8:14.79
4:42.09	4:28.29	4:10.29	4 X 100 Medley Relay	3:45.99	4:14.59	4:18.69

QUALIFICATION PERIOD – JANUARY 1, 2025, UNTIL THE ENTRY DEADLINE FOR THIS MEET.

Qualification for the 50-yard Backstroke, 50-yard Breaststroke, and 50-yard Butterfly will be the corresponding 100-yard times for each stroke.

Order of Events

Thursday, March 26, 2026		
3:30pm Start		
W	Event	M
1	1000-yard Freestyle	
	1650-yard Freestyle	2

Friday, March 27, 2026		
Prelims: 8:45am Start		
Finals: 5:30pm Start		
W	Event	M
3	200-yard Freestyle	4
5	100-yard Breaststroke	6
7	50-yard Backstroke	8
9	100-yard Butterfly	10
11	400-yard Individual Medley	12
	<i>5-minute break</i>	
13	800-yard Freestyle Relay	14

Saturday, March 28, 2026		
Prelims: 8:45am Start		
Finals: 5:30pm Start		
W	Event	M
15	200-yard Medley Relay	16
	<i>5-minute break</i>	
17	200-yard Butterfly	18
19	50-yard Freestyle	20
21	200-yard Breaststroke	22
23	100-yard Backstroke	24
25	500-yard Freestyle	26
	<i>5-minute break</i>	
27	400-yard Freestyle Relay	28

Sunday, March 29, 2026		
Prelims: 8:45am Start		
Finals: 4:30pm Start		
W	Event	M
29	200-yard Freestyle Relay	30
	<i>5-minute break (prelims only)</i>	
31	200-yard Backstroke	32
33	50-yard Breaststroke	34
35	100-yard Freestyle	36
37	200-yard Individual Medley	38
39	50-yard Butterfly	40
	<i>5-minute break</i>	
41	400-yard Medley Relay	42
	AFTERNOON	
43	1650-yard Freestyle	
	1000-yard Freestyle	44

*events will be swum in numerical order in finals

Scratch Deadlines:

- Thursday, 2:00pm: Thursday distance events (W 1000/M 1650).
- Thursday, 4:00pm: All Friday events (including 800-yard Freestyle Relay).
- Friday, 6:30pm: All Saturday events (including 200-yard Medley and 400-yard Freestyle Relays).
- Saturday, 6:30pm: All Sunday events (including W 1650/M 1000, 200-yard Freestyle and 400-yard Medley Relays).